



Super Sport Systems service is designed to satisfy the professional training support needs for different categories of users, coaches and athletes, and offer them an array of useful training design tools and information starting from a professional-grade season plan to daily workouts and to ways evaluate actual progress. While the outcome of our service is quite rich in data and information, the initial program setup from a user stand point is very easy. All you need to do – is to answer several questions related to your previous performance and set your goals. Everything else is done by us. Once you start planning or training (depending on whether you are an athlete or a coach), we offer numerous tools to adjust your settings and make them specific to your needs and goals. You can make these decisions yourself or rely on vast expertise of Makrotone experts.

To access our suggestions you need to fill in you profile, which usually takes anywhere from one to three minutes, depending on how well are you prepared to answer our questions. In case if you do not have answers to some of our questions (which is unlikely scenario), we are only a call or an email away to assist you with your profile settings.



Leadership

It's only natural to expect every nation and sports federation competing at the international level to be highly protective about its training methods. After all, national pride and personal glory are at stake. So it's not too hard to understand why the latest knowledge at this level is not only hard to come by, but is actually closely guarded and carefully protected as well.

The irony of this is that these training secrets, which come from a scientific study of sports training, are virtually the same from one coach to another. What's missing from this equation is the "iron sharpens iron" principle. Top coaches could get even better, and lesser coaches (as well as their athletes) could progress immensely, if these secrets were common knowledge and could be shared among peers.

As leaders in the field of sports training methodology, we continually strive to discover new training methods and strategies, and endeavor to explain how they can work in concert with each other. We created our training design tools for exactly the same reason, and made them available to ALL coaches and athletes, regardless of their ability or geography... because we believe in a level playing field. Everybody should have an equal chance, and a bona fide opportunity to pursue his dream.

And that's why we take the mystery out of the science behind our internet-based program. We want to make our suggestions clear, easy to follow, and accessible to ANY coach or athlete anywhere in the world. And to top level coaches or athletes who won't settle for anything but the best, we offer a network of users who are more than willing to share the knowledge and experience they have gotten out of our program in order to advance not only their own careers, but the overall level of their sport as well.



Open Thoughts on Training and Coaching

The Anatomy of Success. Introducing Coach Matt Kredich

Matt Kredich, Head Coach at University of Tennessee, does not need any special introductions. He is well known in coaching community and if some are not familiar with Matt's accomplishments, I can just mention that he is a personal coach of Christine Magnuson, two-time Olympic Silver medalist in Beijing. Yet another major accomplishment may not be that obvious: in 7 years Matt took University of Tennessee women's swimming from obscure 14th place in the nation to a third prize winner this year, something hardly imaginable in the elite collegiate swimming dominated by few "super powers" such as Georgia, California, Arizona, Auburn and Florida.

When Matt accepted UT's invitation in 2005 to head their Lady Vols swim program, his challenge was clear: bring UT women's swimming into one of the top 10 programs in the nation. While the task was certainly ambitious on UT's part, I had no doubt that Matt was prepared to take on this challenge and triumph in it.



Coaching Precision: is it really important?

Make your season a success by improving the quality of your training process

In 1985 Time magazine called the Yugoslavian made auto, the Yugo “The worst car ever made”. Sold in the US, the Yugo was actually a sponsor of the US Men’s National Volleyball Team. It was marketed as a “European economy car”, but couldn’t compare in quality to other European brands. According to car experts, what made this car such a complete disaster was the manufacturer’s failure to provide a process that would ensure engineering standards were properly managed.

It is typical today to determine the quality of a product or service by the level of precision of its different components, the way they “fit” together, and their overall functionality. We admire clean lines, impeccable delivery, and the “whiz-bang” satisfaction that technological marvels can bring.

When it comes to a process, we don’t always (but need to) evaluate its effectiveness in the same way. Nobody wants to deal with a “loose cannon”, inconsistency, or an unpredictable outcome. By the end of the day we expect some quality of service, and get irritated when the result doesn’t match our expectations.

WHAT DRIVES YOUR TRAINING ?



3S... the competitive advantage you've always wanted

Based on Science

Our system is based on over 30 years of focused research in exercise science training methodology, eliminating all guesswork. And all training parameters and suggestions are optimized just for you!

Proven and Tested

3S has been proven and tested by generations of Olympic coaches and elite athletes in real competitions. Our guides, tools and suggestions were developed to support the best, where winning is the only option.

Instant Access

Subscribe and receive immediate access to your personal training plan, detailed daily workouts, and tools to adjust any training parameter. It's like having a team of elite sport scientists working for you 24/7.